



# Natural Family Planning

Pro-Family ♥ Pro-Life ♥ In Harmony With God's Design



## *What is Natural Family Planning?*

Natural Family Planning (NFP) is knowledge and understanding of normal fertility and infertility. NFP can be used to achieve or postpone pregnancy as couples live in harmony with God's design. There are no drugs, devices or chemicals to alter their reproductive systems and cause unwanted or dangerous side effects. All natural methods are scientifically based on the woman's patterns of fertility and infertility. Couples learn to understand, respect and appreciate their combined fertility, and those needing to postpone pregnancy abstain from intercourse and genital contact during the fertile phase of the wife's cycle. Modern NFP is **not** the old Rhythm Method, and it is certainly not just for Catholics or women with "regular" cycles.

## *What is the Billings Ovulation Method?*

The Billings Method enables the woman to recognize and identify the fertile phase in each cycle by her **day to day** awareness and observation of cervical mucus at the vulva as she goes about her normal daily activities. It was developed after many years of scientific research, and it is **not** about counting days, guessing or assuming.

## *Do you have to take your temperature every day?*

No, The Billings Method relies **only** on the cervical mucus sign which is the most accurate indicator of female fertility.

*"Nothing can provide a more accurate identification of the fertile phase than the woman's own observations."*

*~ John J. Billings, M.D.*

## *Do you have to have regular cycles to use it?*

No. The Method is effective and reliable throughout a woman's reproductive life whether she has regular or irregular cycles, after childbirth, during breastfeeding, after coming off the Pill or other synthetic hormones, when nearing menopause, and during times of emotional or physical stress. Irregular menstrual periods are caused by irregular ovulations.

## *Does it really work to postpone pregnancy?*

Yes. The Billings Method has close to 99% method effectiveness in postponing pregnancy. It also can be very helpful to couples who are trying to achieve pregnancy. Proper training with follow-up, accurate charting, couple motivation, and following the Rules of the Method are necessary for it to be effective in postponing pregnancy.

## *Why is abstinence a part of the Method?*

For couples who need to postpone pregnancy, abstinence is necessary during the fertile phase of the wife's cycle because that is the only time conception can occur. Brief periods of abstinence can preserve the freshness in a couple's sexual relationship and strengthen their marriage by reinforcing the importance of non-genital expressions of love and affection.

## *How can we learn more about NFP?*

NFP classes begin every month in Memphis and are taught by trained and dedicated NFP Teachers. Instruction consists of 3 classes (1 class each month for 3 months) with additional follow-up appointments as needed by each couple with their individual Teacher. The fee for instruction is \$75.00. Call the NFP Center at (901) 373-1285 for more information, or go online for a current class schedule or to register for a class at [www.cdom.org](http://www.cdom.org). Click on Natural Family Planning.

## *Some Benefits of NFP:*

- ♥ Often it can help couples who experience difficulty achieving pregnancy by identifying the most fertile time in each cycle.
- ♥ It is usually easy to learn and the cost is minimal.
- ♥ It can be used throughout the reproductive life cycle.
- ♥ It promotes romance, respect and communication between husband and wife.
- ♥ It helps couples develop unselfishness, self-mastery and self-control.
- ♥ It is a way of life based on love that respects and honors the dignity of the total person.
- ♥ It can deepen a couple's intimacy, strengthen their marriage relationship and give them peace.
- ♥ It allows the total, complete gift of self to be given away in the marriage act.
- ♥ It fosters acceptance and appreciation for God's gift of human fertility.
- ♥ It honors the Theology of the Body and promotes openness to life and the gift of children.
- ♥ It is morally acceptable to people of all faiths.
- ♥ It helps couples maintain an openness to God's will in their marriage.

The NFP Center is a ministry of the Catholic Diocese of Memphis. Its service is available to the entire community and to people of all faiths. Its purpose is to strengthen families and marriages by helping couples understand and appreciate God's gifts of love, life, fertility and sexuality. The NFP Center also presents annual Mother/Daughter and Father/Son Fertility Appreciation and Chastity Programs. The Center provides speakers to schools, churches and other meetings to promote the virtue of chastity, fertility appreciation and the sanctity and dignity of all human life.

# Natural Family Planning

The Billings Ovulation Method

*A way of life based on love...*



*In today's world of high speed technology and instant gratification, many couples make hasty decisions about family planning, often without sufficient knowledge of their own healthy reproductive systems. Most couples are simply unaware of Natural Family Planning and its many benefits...*

## Natural Family Planning

Pro-Family ♥ Pro-Life  
In Harmony With God's Design

- Achieve or postpone pregnancy naturally
- Reliable and effective
- Inexpensive
- Protects new life
- Promotes wellness & good health
- Good for a lifetime
- Supports a lifestyle of love
- Encourages openness to God's will
- Enriches marriage



*"Do not be afraid. I will provide  
for you and your little ones."*

*Genesis 50:21*

For more information, contact:

Diocese of Memphis NFP Center  
5825 Shelby Oaks Dr.  
Memphis, TN 38134  
(901) 373-1285

[marypat.vanepps@cc.cdom.org](mailto:marypat.vanepps@cc.cdom.org)

[www.cdom.org](http://www.cdom.org) (Natural Family Planning)  
[www.thebillingsovulationmethod.org](http://www.thebillingsovulationmethod.org)

## NFP Class Registration Form

Wife/Fiancée

(Please Print)

Name \_\_\_\_\_ Age \_\_\_\_\_

Email Address \_\_\_\_\_

Phones: Home \_\_\_\_\_ Cell \_\_\_\_\_

Home Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Husband/Fiancé

Name \_\_\_\_\_ Age \_\_\_\_\_

Email Address \_\_\_\_\_

Phones: Home \_\_\_\_\_ Cell \_\_\_\_\_

If married, how long? \_\_\_\_\_ If engaged, wedding date \_\_\_\_\_

We prefer Class Series Number \_\_\_\_\_

Please see NFP Class Schedule at [www.cdom.org](http://www.cdom.org) - Natural Family Planning.

**Couples are encouraged to attend the classes together.**  
*It is best for engaged couples to attend the classes at least 6 months before their wedding.*

**The class fee is \$75.00\* and is non-refundable.**  
Make check payable to NFP CENTER and mail it with this form to:

Diocese of Memphis NFP Center  
5825 Shelby Oaks Dr.  
Memphis, TN 38134-7389

or  
Register online at [www.cdom.org](http://www.cdom.org)

\* If you are using birth control pills or any other hormonal contraceptive which would disrupt or damage the fertility cycle and you only want to fulfill marriage preparation requirements, you are welcome to attend the Session I class only (AUDIT). The fee to audit the first class is \$25.00 which can be applied toward the \$75.00 class fee if you decide to take the full course within one year. Please call the NFP Center at (901) 373-1285 for more information.